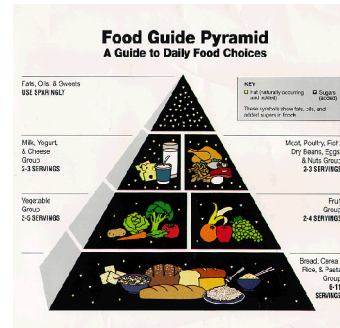


## Chapter 9

# Meal Patterns and Creditable Foods for Food Based/Traditional Menus



In this unit the RCCI will learn the Food Based/Traditional Meal Pattern for breakfast and lunch meals that qualify for reimbursement, with special notes about foods that can be counted and foods that do not meet the USDA criteria.

The Food Based requirements and the NuMenus/Assisted NuMenus requirements are all designed to promote good food habits and nutrition education. The Traditional meal pattern has served as a model for the past fifty years.

**The Traditional and Food Based breakfast meal pattern includes the following four food components:**

**Meat/Meat Alternate**

**Juice/Fruit/Vegetable  
Grains/Breads**

## Milk

For breakfast, four components must be provided under the Food Based system. They must include milk and either vegetable or fruit, and two servings may be either a meat/meat alternate and a grains/breads or two servings of the meat/meat alternate or two servings of grains/breads.

Some possible combinations:

Fruit, cereal, toast, milk  
(fruit, two grains/breads, milk)

Juice, two pancakes, milk  
(fruit, two grains/breads, milk)

Juice, ham, egg, milk  
(fruit, two meats/meat alternates, milk)

Fruit, muffin, egg, milk  
(fruit, grains/breads, meat/meat alternate, milk)

Juice, ham, biscuit, milk  
(fruit, meat/meat alternate,  
grains/breads, milk)

Juice, cheese toast, milk  
(fruit, meat/meat alternate,  
grains/breads, milk)

RCCIs that implement  
Offer versus Serve must  
provide four servings. If  
a child chooses three  
servings from the four  
offered, the meal is  
reimbursable.

**The Traditional and  
Food Based lunch meal  
pattern includes the  
following food  
components:**

**Meat/Meat Alternate  
Vegetables/Fruits  
Grains/Breads  
Milk**

The lunch must  
include fruit and  
vegetable servings from  
two or more sources,  
which may be one fruit  
and one vegetable or two  
fruits or two vegetables  
with extra  
vegetables/fruits servings  
added by SMI regulations.

For lunch, an RCCI  
under the Food Based  
option must serve an  
average of three servings  
of grains/breads per day  
or 21 servings per seven  
day week, with at least

one grains/breads serving  
per day. After the first  
bread serving, a grain-  
based dessert may count  
as one of the bread  
servings per day.

RCCIs using the  
Food-Based Menu  
Planning system that  
implement Offer versus  
Serve for lunches must  
provide five different food  
items from four food  
component groups. If a  
child chooses three  
servings from the five  
food items offered, the  
meal is reimbursable.  
When a child has taken  
one serving of  
grains/breads, the  
grains/breads component  
has been satisfied.

#### **Clarification of Terminology and Rules**

1. Do not mix up or  
“mix-and match”  
terminology and  
regulations applied to

Food-Based Menus  
with that of NuMenus.

2. **Components** and  
**Food Items** are terms  
used in Food-Based  
systems.
3. **Menu Items** is a term  
used in NuMenus.  
Menu items are the  
actual foods served,  
such as tacos, fruit  
salad and muffins.
4. Most of the bread  
regulations apply only  
to Food-Based  
systems.
  - a. Traditional or  
“Current Menus”  
cannot count an  
extra serving of  
grain-based dessert  
as grains/breads.
  - b. Breads are not  
counted in  
NuMenus. Only the  
Nutrient Analysis  
counts.

### **Creditable foods**

Meeting the meal  
pattern requirements  
requires a working  
knowledge of how the  
USDA credits foods.

The following are the  
USDA regulations for the  
grains/breads requirement  
for the Food Based Menu  
Planning Alternatives in  
the Child Nutrition

**Programs:**

The Food Based menu planning alternatives in the Child Nutrition Programs (i.e., the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP) contain a requirement that all meals offered include grains/breads or bread/bread alternate food item(s). Program regulations set forth the minimum quantities of grains/breads required for breakfasts, lunches, suppers and supplements (snacks) to be reimbursable. The following sets forth the criteria to be used to determine acceptable grains/breads, the criteria to be used to determine equivalent minimum serving sizes, and examples of foods that qualify as grains/breads for meals served under the Food Based menu planning alternatives in all Child Nutrition Programs.

**1. Criteria for Determining Acceptable****Grains/Breads Under the Food Based Menu Planning Alternatives**

1. The following criteria are to be used as a basis for crediting items to meet the grains/breads requirement under the Food Based menu planning alternatives:

- a. All grains/breads items must be enriched or whole-grain from enriched or whole-grain meal or flour, or if it is a cereal, the product must be whole-grain, enriched, or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour.
- b. The label must indicate that the product is enriched or whole-grain; made from enriched or whole-grain meal or flour as well as a bran and/or germ; or fortified. If it is enriched, the item must meet the Food and Drug Administration's Standards of Identity (21 CFR §136, §137, §139) for enriched bread, macaroni and noodle products, rice, or cornmeal.
- c. The item must be provided in quantities

specified in the regulations. One-quarter ( $\frac{1}{4}$ ) of a serving

is the smallest amount allowable to be credited toward the minimum quantities of grains/breads specified in program regulations.

items listed in Groups A-G

## **2. Criteria for Determining Equivalent Minimum Serving Sizes**

The following chart (page 9-5 and 9-6) contains the equivalent minimum serving sizes for a wide variety of purchased food items.

In lieu of using the minimum serving sizes listed in the chart, the contribution of grains/breads in a recipe may be calculated to determine the number of grains/breads servings the recipe provides. The crediting of a food item as a grains/breads serving is determined by the total amount of enriched or whole-grain bread and/or flour in the recipe divided by the number of servings the recipe yields. Bran and germ are calculated in the same manner as enriched or whole-grain meal and flour.

For the types of food

of the chart to count a one full serving, an item must contain no less than 14.75 grams (0.52 ounces) of enriched or whole-grain meal and/or flour. For the types of food items listed in Groups H and I of the chart to count as one full serving, the weights and volumes listed therein must be used.

### 3. Foods That Qualify as Grains/Breads

Foods that qualify as grains/breads for the Child Nutrition Programs are foods that are enriched or whole-grain or made from enriched or whole-grain meal or flour. Bran and germ are credited the same as enriched or whole-grain meal or flour. Such foods include, but are not limited to:

- ✦ **Breads** that are enriched or whole-grain.
- ✦ **Biscuits, bagels, rolls, tortillas, muffins, or crackers** made with enriched or whole-grain meal or flour.

•✦ **Cereal grains (cooked) such as rice, bulgur, oatmeal, corn grits, wheat or couscous** that are enriched or whole-grain.

•✦ **Ready-to-eat breakfast cereals** that are enriched, whole-grain, or fortified.

•✦ **Cereals or bread products that are used as an ingredient in another menu item such as crispy rice treats, oatmeal cookies or breading on fish or poultry** when they are enriched, whole-grain, or fortified.

•✦ **Macaroni or noodle products (cooked)** made with enriched or whole-grain flour. Program

regulations for the NSLP and the SFSP allow enriched macaroni products that have been fortified with protein to be counted to meet either a grains/breads or meat/meat alternate requirement but not as both in the same meal.

•✦ **Sweet foods such as toaster pastries, coffee cake, doughnuts, sweet rolls, cookies, cakes, or formulated grain-fruit products (authorized under Appendix A of 7 CFR part 220)** when made with enriched or whole-grain meal or flour

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than 1  
grains/breads  
serving per day  
may be a dessert  
and sweet snack  
foods should not  
be served as part  
of a snack more  
than twice a week.

•❖ **Pie crust** when  
made with  
enriched or whole-  
grain meal or flour  
and served, as  
illustrated in the  
chart.

•❖ **Non-sweet snack  
products such as  
hard pretzels,  
hard bread sticks,  
and chips** made  
from enriched or  
whole-grain meal  
or flour.

Please see the chart  
listed on the next two  
pages for minimum  
servings. Also note that  
desserts **cannot** count as a  
grains/breads in the  
Traditional Menu  
Planning System.

**GRAINS/BREADS FOR THE FOOD BASED MENU PLANNING ALTERNATIVES  
IN THE CHILD NUTRITION PROGRAMS<sup>1</sup>**

<b>GROUP A</b>	<b>MINIMUM SERVING SIZE FOR GROUP A</b>
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow mein noodles</li> <li>• Crackers (saltine and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry) Note: weights apply to bread in stuffing</li> </ul>	1 serving = 20 gm or 0.7 oz ¾ serving = 15 gm or 0.5 oz ½ serving = 10 gm or 0.4 oz ¼ serving = 5 gm or 0.2 oz
<b>GROUP B</b>	<b>MINIMUM SERVING SIZE FOR GROUP B</b>
<ul style="list-style-type: none"> <li>• Bagels</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (white, wheat, whole wheat, French, Italian)</li> <li>• Buns (hamburger and hotdog)</li> <li>• Crackers (graham crackers - all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (white, wheat, whole wheat)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (white, wheat, whole-wheat, potato)</li> <li>• Tortillas (wheat or corn)</li> <li>• Tortilla chips (wheat or corn)</li> <li>• Taco shells</li> </ul>	1 serving = 25 gm or 0.9 oz ¾ serving = 19 gm or 0.7 oz ½ serving = 13 gm or 0.5 oz ¼ serving = 6 gm or 0.2 oz
<b>GROUP C</b>	<b>MINIMUM SERVING SIZE FOR GROUP C</b>
<ul style="list-style-type: none"> <li>• Cookies<sup>2</sup> (plain)</li> <li>• Cornbread</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust (dessert pies<sup>2</sup> fruit turnovers<sup>3</sup>, and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	1 serving = 31 gm or 1.1 oz ¾ serving = 23 gm or 0.8 oz ½ serving = 16 gm or 0.6 oz ¼ serving = 8 gm or 0.3 oz

<sup>1</sup> Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>2</sup> Allowed only for desserts under the enhanced Food Based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP.

<sup>3</sup> Allowed for desserts under the enhanced Food Based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfasts served under the SBP,

SFSP, and CACFP.

<b>GROUP D</b>	<b>MINIMUM SERVING SIZE FOR GROUP D</b>
<ul style="list-style-type: none"> <li>Doughnuts<sup>3</sup> (cake and raised, unfrosted)</li> <li>Granola bars<sup>3</sup> (plain)</li> <li>Muffins (all, except corn)</li> <li>Sweet roll<sup>3</sup> (unfrosted)</li> <li>Toaster pastry<sup>3</sup> (unfrosted)</li> </ul>	1 serving = 50 gm or 1.8 oz ¾ serving = 38 gm or 1.3 oz ½ serving = 25 gm or 0.9 oz ¼ serving = 13 gm or 0.5 oz
<b>GROUP E</b>	<b>MINIMUM SERVING SIZE FOR GROUP E</b>
<ul style="list-style-type: none"> <li>Cookies<sup>2</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>Doughnuts<sup>3</sup> (cake and yeast raised, frosted or glazed)</li> <li>French toast</li> <li>Grain fruit bars<sup>3</sup></li> <li>Granola bars<sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>Sweet rolls<sup>3</sup> (frosted)</li> <li>Toaster pastry<sup>3</sup> (frosted)</li> <li></li> </ul>	1 serving = 63 gm or 2.2 oz ¾ serving = 47 gm or 1.7 oz ½ serving = 31 gm or 1.1 oz ¼ serving = 16 gm or 0.6 oz
<b>GROUP F</b>	<b>MINIMUM SERVING SIZE FOR GROUP F</b>
<ul style="list-style-type: none"> <li>Cake<sup>2</sup> (plain, unfrosted)</li> <li>Coffee cake<sup>3</sup></li> </ul>	1 serving = 75 gm or 2.7 oz ¾ serving = 56 gm or 2 oz ½ serving = 38 gm or 1.3 oz ¼ serving = 19 gm or 0.7 oz
<b>GROUP G</b>	<b>MINIMUM SERVING SIZE FOR GROUP G</b>
<ul style="list-style-type: none"> <li>Brownies<sup>2</sup> (plain)</li> <li>Cake<sup>2</sup> (all varieties, frosted)</li> </ul>	1 serving = 115 gm or 4 oz ¾ serving = 86 gm or 3 oz ½ serving = 58 gm or 2 oz ¼ serving = 29 gm or 1 oz
<b>GROUP H</b>	<b>MINIMUM SERVING SIZE FOR GROUP H</b>
<ul style="list-style-type: none"> <li>Barley</li> <li>Breakfast cereals (cooked)<sup>4</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> <li></li> </ul>	1 serving = ½ cup cooked (or 25 gm dry)
<b>GROUP I</b>	<b>MINIMUM SERVING SIZE FOR GROUP I</b>
<ul style="list-style-type: none"> <li>Ready to eat breakfast cereal (cold dry)<sup>4</sup></li> </ul>	1 serving = ¾ cup or 1 oz, whichever is less

<sup>4</sup> Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfasts served under the SBP; and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.



### Fruits and Vegetables Under Food Based or Traditional Menus

All fruits and vegetables qualify except these products:

Apple butter  
Catsup  
Chili Sauce  
Corn chips  
Coconut  
Cran-juice  
combinations  
Fruit-flavored items  
Fruit leather  
Fruit punch  
Fruit roll-ups  
Hominy  
Jell-O  
Jelly, jam, preserves  
Juice drinks  
Kool-aid  
Nectar  
Pickle relish  
Pop tart filling  
Popsicles  
Potato chips, sticks  
Salsa  
Tang

### Special notes:

1. Only full-strength juice may be counted toward the vegetables/fruits requirement of Food Based or Traditional menus. To get credit, fruit-sicles, popsicles, and frozen juice bars must contain 50% full-strength juice and only the 50% can be counted.
2. The following tomato products qualify as 3/8 cup vegetables: 1-1/2 tablespoon paste, 3 tablespoons puree, 3/8 cup tomato juice.
3. Only the fruit or vegetable portion of deli foods like coleslaw, potato salad, soups, banana pudding, and fruited Jell-O can get credit as a fruit or vegetable serving.

### Milk

Fluid milk must be served at every meal that qualifies for reimbursement. Any kind of milk qualifies: whole milk, low-fat, and nonfat milk.

### Special notes:

1. Lactose-reduced milk is okay if for children who are intolerant to lactose, the sugar in milk.
2. Ultra high temperature pasteurized (UHT) milk, which is shelf-stable fresh milk, is more expensive but a good choice for camping.
3. Flavored and unflavored milk is acceptable.
4. Eggnog, hot chocolate, and milk shakes that are made at home and contain 8 ounces of fluid milk also are creditable under food based regulations.

These are the milk products that are not creditable under the food based regulations:

Cocoa mix  
Cream cheese  
Cream soups

**Grains/Breads Serving Equivalents from USDA Quantity Recipes for School Food Service and a Tool Kit for Healthy School Meals**

**\* Serving equivalent increased from previous equivalent by ¼ when new calculation method was applied.**

<b>Recipe</b>	<b>Recipe #</b>	<b>Grains/Breads Serving Equivalent</b>
<b>Grains/Breads</b>		
Baking Powder Biscuits	B-4	1-3/4*
Banana Bread Squares	B-5	1
Bread Stuffing	B-6	1-1/2
Brown Bread	B-7	1
Cinnamon Rolls	B-8	2
Cornbread	B-9	1
Fried Rice	B-10	1
Italian Bread	B-11	2-1/4*
Muffin Squares	B-12	1
Pancakes	B-13	1
Pizza Crust	B-14	2
Pourable Pizza Crust	B-15	2
Rolls (Yeast)	B-16	2
Spanish Rice	B-17	½
Sweet Potato-Prune Bread	B-18	1
White Bread	B-19	1-1/4
Oatmeal Muffin Square	B-20	1
Orange Rice Pilaf	B-21	1
Brown Rice Pilaf	B-22	1
Rice-Vegetable Casserole	B-23	¾
<b>Desserts</b>		
Apple Cobbler	C-1	½
Apple Crisp	C-2	½
Applesauce Cake	C-3	1
Brownies	C-4	½
Carrot Cake	C-5	1

Cherry Cobbler	C-6	$\frac{1}{2}$
Cherry Crisp	C-7	$\frac{3}{4}$
Chocolate Cake	C-8	$\frac{3}{4}$
Chocolate Chip Cookies	C-9	$\frac{1}{2}$
Oatmeal Cookies	C-10	$\frac{3}{4}$
Peach Cobbler	C-13	$\frac{1}{2}$
Peanut Butter Cookies	C-14	$\frac{1}{2}$
Rice Pudding	C-15	$\frac{1}{4}$
Spice Cake	C-16	1
Sweet Potato Pie	C-17	1
Yellow Cake	C-20	1
Royal Brownies	C-21	$\frac{1}{2}$
Gingerbread	C-23	1-1/4
New Oatmeal Raisin Cookies	C-25	1
Peanut Butter Bars	C-26	$\frac{1}{2}$
New Spice Cake	C-28	1
Whole Wheat Sugar Cookies	C-30	1
Chocoleana Cake	C-31	1
Orange Rice Pudding	C-33	$\frac{1}{4}$
<b>Main Dishes</b>	(formerly not credited)	
Chicken or Turkey a la King	D-16	$\frac{1}{4}$
Quiche w/Self-Forming Crust	D-32	$\frac{3}{4}$
Salisbury Steak	D-33	$\frac{1}{4}$

## Determining Grains/Breads Serving Equivalencies from Recipes for Food-Based or Traditional Menus

Determining the contributions your recipes make to the meal requirements is an important step in assuring the meals you serve are nutritious and meet federal meal pattern requirements. To determine the equivalency of a serving a recipe makes toward the Grains/Breads meal component the following procedure can be used. To be equivalent to a serving of grains/breads, the serving must contain at least 14.75 grams of whole grain and/or enriched flour.

1. Determine the total pounds of whole grain and/or enriched flour within the recipe.
2. Convert the pounds to grams (pounds of flour x 454 grams per pound = total number of grams of flour in the recipe).
3. Divide the number of grams of flour by the number of servings the recipe provides:

$$\text{grams of flour} \div \text{number of servings} = \text{grams of flour per recipe serving}$$

4. Divide the grams of flour per recipe serving by 14.75 grams:

$$\text{grams of flour per recipe serving} \div 14.75 = \text{number of grains/breads credit per serving}$$

5. Round down to the nearest  $\frac{1}{4}$  grains/breads serving.

If dry cereal is used as an ingredient such as in rice krispie treats, it may be credited allowing  $\frac{3}{4}$  cup or 1 oz. to equal 1 serving. One half serving would equal  $\frac{3}{8}$  cup or 0.5 oz. and one fourth serving would equal 3 tablespoons or 0.25 oz. of dry cereal.

If a cereal such as rolled oats or if rice is used as an ingredient in products such as granola or rice pudding, it may be credited allowing 1 serving =  $\frac{1}{2}$  cup cooked or 25 gm dry. One half serving would equal  $\frac{1}{4}$  cup cooked or 12.5 gm dry and one fourth serving would equal  $\frac{1}{8}$  cup or 6.25 gm of cereal.

The grains used as ingredients which may be counted as part of the total flour are wheat, oat, corn, rye, and barley. The forms of the grains which may be counted are the enriched flour, the meal, rolled, and the cracked form. The weight of each form of the grain as specified in the recipe should be totaled.